



The Torch

The official newsletter for Indiana state employees

July, 2021

Build, Learn, Grow initiative to help working families - regardless of income - connect to early care and education

The Indiana Family and Social Services Administration's [Build, Learn, Grow](#) initiative has made 50,000 scholarships available to help get Hoosier children from families working in essential industries – regardless of income - enrolled in early care and education, summer learning, or out-of-school care.

Scholarships run from May through October 2021 and will cover up to 80 percent of the early care and education program's tuition for each child age 12 and younger.

For families to qualify for *Build, Learn, Grow* scholarships, an adult in the household must work in an essential business and meet certain [income guidelines](#). Families will qualify for The *Build, Learn, Grow* scholarship to cover 80 percent of their cost with incomes of up to 250 percent of the federal poverty level. Families with incomes between 251 percent and 400 percent of FPL will qualify for 60 percent of costs covered, and those with incomes at 401 percent of FPL and above will qualify for 20



percent of costs covered. Families should complete the Build, Learn, Grow Scholarship Fund application found [here](#), and submit it to their early care and education provider. Families not currently connected to an early care and education program will be able to find a list of participating programs on the Build, Learn, Grow website also on the eligibility page. All providers who currently accept federal child care assistance are encouraged to enroll.

The scholarships are funded by more than \$101 million provided to Indiana by the federal Coronavirus Response and Relief Supplemental Appropriations Act, or CRRSA.

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The Torch is published monthly by the Indiana State Personnel Department and is available online at <https://www.in.gov/spd/employee-resources/the-torch/>

Got a story?

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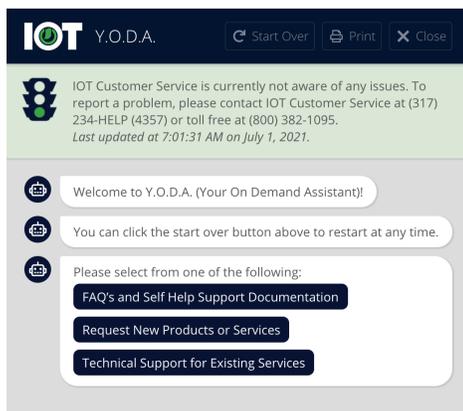
Follow [State of Indiana Employees](https://www.youtube.com/StateofIndianaEmployees)

IOT 'Y.O.D.A.' chatbot: Easy to use it is, help you it will

The Indiana Office of Technology (IOT) is pleased to announce a new way to receive IT support through a chat interface that makes getting the services and questions you need answered easier and more convenient than ever before.

The best part is that you don't have to go all the way to the swamps of Dagobah to find this "Y.O.D.A."

Simply by going to www.in.gov/iot and selecting the Y.O.D.A (Your On-Demand Assistant) bot at the bottom of the screen, customers can now access FAQs and self-help support documentation and request new products or services



by selecting the service needed and completing a form.

Finally, if you need technical support because of a problem you are experiencing, you will find some super-easy self-help troubleshooting steps; and if that doesn't work, you can connect with a live chat agent (available from 7 a.m. to 8 p.m. Monday through Friday and 8 a.m. to 3 p.m. Saturday) to get the support you need.

Users begin with an exploration of self-service opportunities before the option of chatting with a live agent is presented. Live chat is available during regular business hours. The entire bot interaction is given to the live agent, so they have the context of the requested assistance.

- The key objectives of the chat initiative are:
- To create a single source to connect the customer with IOT services and support

- To make finding IOT FAQs and user documentation easier
- To provide simplified access to request new services or products such as mobile phone, desktops, firewalls, account requests, billing inquiries, and so much more
- To provide a self-paced solution that allows the customer to resolve common technical issues on their own. When that is not possible, customers can choose to connect with a live agent during standard business hours.

This mobile-friendly chatbot is located in the lower right-hand corner of your screen. It is also located on the IOT [website](#).

State employees should use this new agent for ALL needs and service requests. Anytime you think to call the IOT Help Desk, such as ordering a new service or fixing something that is not working correctly, try chatting with IOT instead.

PeopleSoft HCM 9.2: Did you know?

Did you know PeopleSoft Human Capital Management (HCM) is getting an upgrade? The new, integrated platform will provide enhancements to our current system, some of which are 10-30 years old. Thirty years is a long time in the world of technology – did you know the World Wide Web was introduced 30 years ago?

PeopleSoft HCM 9.2 combines payroll, HR and employee data to provide benefits for both employees and managers. You

can securely update your contact and benefit information, view your current and forecasted leave balances, retrieve your W2 and update your W4 forms, and submit direct deposit changes all yourself. Managers will have work centers with everything, including staff approvals, in one easy, accessible location.

The benefits of updating are exciting, but why now? That's simple – the current system will no longer be supported. Upgrading is



a must and thankfully, PeopleSoft HCM 9.2 will save everyone time and resources.

Stay informed and look for modernization updates!

Welcome to Health and Wellness Month 2021!

The COVID-19 pandemic has been a reminder that it is always important to make our health a priority.

InvestInYourHealthIndiana.com has convenient resources and programs to help you do just that. Throughout Health & Wellness month we'll be highlighting these resources, along with practical tips and programs to help you along the way. Be sure to watch your inbox for more info to help you keep your health top of mind all year long.

The focus for our first week of Health and Wellness Month is Health for Life!

Staying healthy takes a daily commitment. Of course, it's not always easy to prioritize our health but statistics show that taking the time to do so is key in helping prevent many serious conditions. Put simply, your lifestyle choices impact your health and longevity far more than any other factor.

For example, did you know that seven out of 10 deaths in the United States are due to chronic disease? That's 70 percent, according to the Centers for Disease Control and Prevention (CDC), and, ironically, that's the same percentage of diseases that are preventable! Among those, smoking is perhaps the biggest culprit, accounting for more than 480,000 deaths every year.

Nonetheless, approximately half of the population of the United States has, at some point, been diagnosed with a preventable chronic illness. These include high cholesterol, type 2 diabetes, high blood pressure, and more.

JULY 2021
**Health &
 Wellness**
 MONTH



Welcome to #HAWM2021!

Invest In Your Health

Luckily, state employees have numerous resources that can help you take some important steps in avoiding these preventable illnesses.

Quitting smoking (or stopping the use of other tobacco) is intimidating for many people, and it's far from easy. But the benefits are clear. In fact, your health starts to improve as soon as 20 minutes after you decide you've smoked your last cigarette.

If you are planning to quit using tobacco, you can take advantage of some free services. You can call 1-800-Quit-NOW or visit quitnowindiana.com for help with tobacco cessation. You can also visit AnthemEAP.com to learn how that service can help make you an ex-tobacco user.

Vaping also has some serious health consequences. Visit [Vape-Free Indiana](https://Vape-FreeIndiana.com) for resources to help youth stop vaping.

Type-2 diabetes affects millions of Americans. If you're at risk of developing Type 2 diabetes, check out these [Indiana diabetes prevention programs](https://IndianaDiabetesPreventionPrograms.com).

For state of Indiana health plan members, there are several helpful resources such as [Omada](https://Omada.com), [Onduo](https://Onduo.com), and [ActiveHealth](https://ActiveHealth.com). Omada and Onduo can help with diabetes management and prevention and ActiveHealth can help with many areas of your health including diabetes management, tobacco cessation and much more.

It's also vital to get regular medical check-ups. Sadly, about a quarter of Americans who have healthcare coverage don't get an annual physical. If you don't have a current primary care provider, make it a priority to get one. Check out [this flyer from Anthem](https://thisflyerfromAnthem.com) for tips.

Health screenings are a big part of preventing chronic illnesses as well. Not sure what screenings you're missing? The U.S. Department of Health and Human Services' [MyHealthfinder](https://MyHealthfinder.com) can help!

Next Steps

Remember health plan members can earn a \$100 gift card for completing their wellness visit. More information at InvestInYourHealthIndiana.com/wellness-visit.

Welcome to Health and Wellness Month 2021!

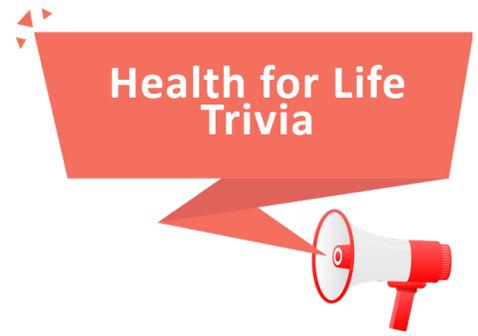
Schedule any age-appropriate preventive screenings you might be missing.

Make a plan to quit smoking using the resources above!

Join SPD Wellness Consultant Ashley Martin on Thursday, July 8 at 12pm eastern time for a

[live trivia](#) session to test your knowledge of health for life topics!

Access is limited so put together a group with your coworkers, find a space and join in early!



Benefits of staying hydrated

Did you know? Water accounts for 60 percent of your body (or about 11 gallons or 92 pounds in a 155-pound person) and is essential to every cell.

1. Water helps prevent dry mouth.

Water keeps your throat and lips moist and prevents your mouth from feeling dry. Dry mouth can cause bad breath and/or an unpleasant taste—and can even promote cavities.

2. Water promotes cardiovascular health.

Dehydration lowers your blood volume, so your heart must work harder to pump the reduced amount of blood and get enough oxygen to your cells, which makes everyday activities like walking upstairs—as well as exercise—more difficult.

3. Water keeps your body cool.

Your body releases heat by expanding blood vessels close to the skin’s surface (this is why your face gets red during exercise), resulting in more blood flow and more heat dissipated into the air. When you’re dehydrated, however, it takes a higher environmental temperature to trigger blood vessels to widen, so you stay hotter.

4. Water helps muscles and joints work better.

When you’re well hydrated, the water inside and outside the cells of contracting muscles provides adequate nutrients and removes waste efficiently so you perform better. Water is also important for lubricating joints.

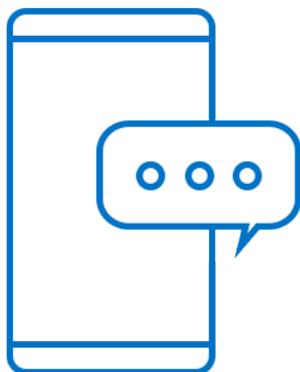
5. Water keeps skin supple.

When a person is severely dehydrated, skin is less elastic. This is different than dry skin, which is usually the result of soap, hot water and exposure to dry air.

6. Water helps cleanse your body — inside and out.

Your kidneys need water to filter waste from the blood and excrete it in urine. Keeping hydrated may also help prevent urinary tract infections and kidney stones. If you are severely dehydrated, your kidneys may stop working, causing toxins to build up in your body.

If you’re looking for more information to help you on your health journey, be sure to visit [MyActiveHealth](#). There is a wealth of information on this website regarding many different health and wellness topics.



Stay informed about your state of Indiana health benefits.

Sign up to receive text alerts about your employee benefits including wellness rewards, insurance updates, open enrollment, wellness resources, and more.



Start your journey to better health & earn a **2022 PREMIUM DISCOUNT**

Complete one activity by Sept. 30



IT'S NOT TOO LATE!

There is still time to earn a discount through online education. This activity takes up to **12 weeks** to complete, so *get started today!* **Reminder:** Employees & covered spouses must each complete one activity.



Reach Level 5 (9,000 hearts) in online education by Sept. 30, 2021.

Log in to ActiveHealth, www.myactivehealth.com/StateofIndiana.

Already started? KEEP GOING!

You can also earn your 2022 premium discount by continuing to track your steps or activity or through health coaching. Note: You must have started the steps or activity option by March 15 and the health coaching option by July 1 to complete the requirements by the Sept. 30 deadline.



Complete four health coaching sessions (in person or by phone).



Meet the goal of 10,000 daily steps or 30 minutes of physical activity through a synced device on at least 200 separate days.

Find out more about your benefits

Visit InvestInYourHealthIndiana.com

Call the Indiana State Personnel Department's Benefits Hotline: (877) 248-0007 (toll-free)

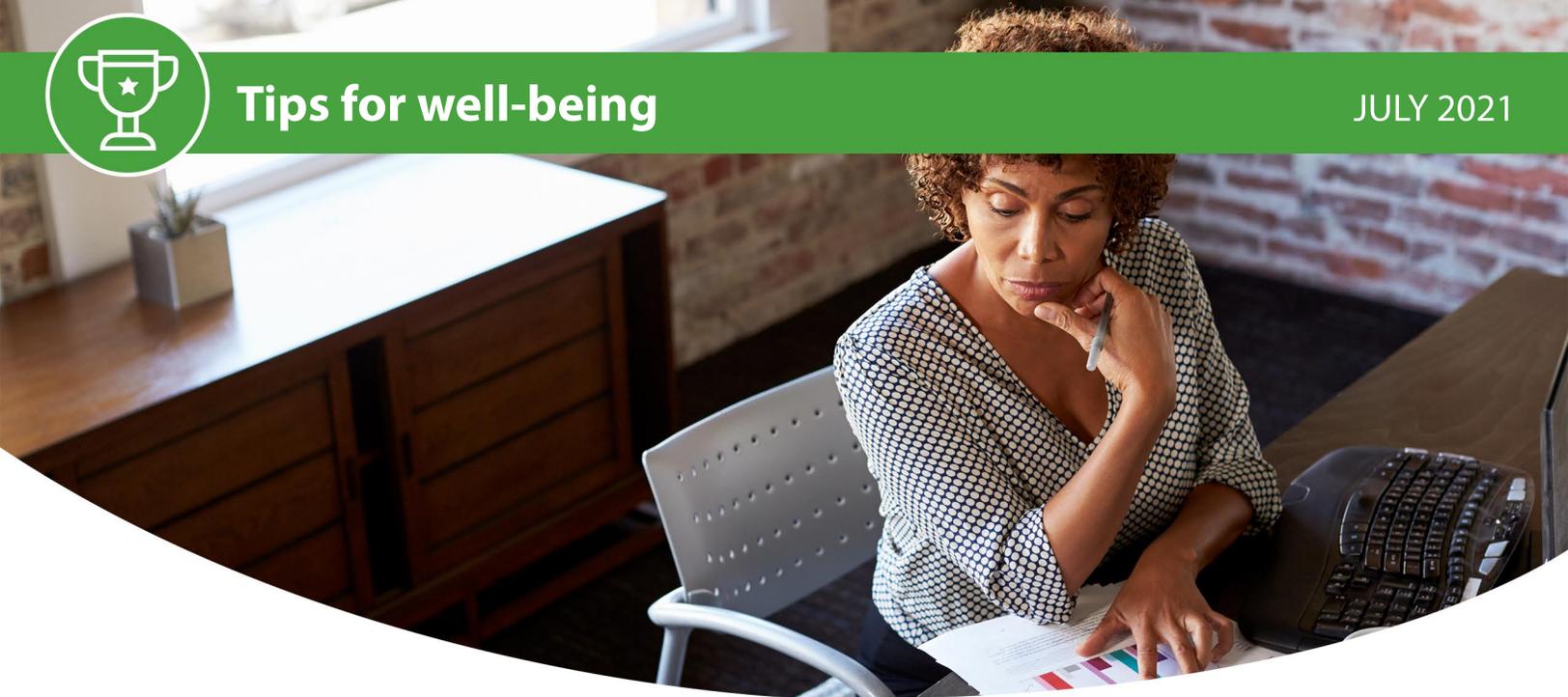
Email SPDBenefits@spd.in.gov

Log in to your account

www.myactivehealth.com/stateofindiana

Download the ActiveHealth app





The health toll from sitting still

More than 8 in 10 Americans have desk jobs.¹ Over half of the average person's day is spent sitting, doing activities such as driving, working at a desk, or watching television.²

Sitting too long and typing on a computer all day can contribute to discomfort and health issues, including:

- Neck and shoulder pain
- Lower back pain
- Carpal tunnel
- Obesity
- Stress



Wellness Webinar Series

Fit fitness into your workday: Learn how to help your posture during work.

July 20, 2021 | 10:00 AM, 12:30 PM and 4:30 PM, ET

<http://go.activehealth.com/wellness-webinars>

1. Forbes, "Americans Sit More Than Anytime In History And It's Literally Killing Us", Nicole F. Roberts, March 6, 2019, <https://www.forbes.com/sites/nicolefisher/2019/03/06/americans-sit-more-than-anytime-in-history-and-its-literally-killing-us>

2. Healthline, "Is Sitting Too Much Bad for Your Health?", Joe Leech, MS, June 19, 2019, <https://www.healthline.com/nutrition/why-sitting-is-bad-for-you>



Coach Chelsey
MPH



Coach's corner

As an ActiveHealth wellness coach, Chelsey is passionate about encouraging people to take small, daily steps to improve their overall well-being.

Chelsey's well-being tips:

To get some relief from too much sitting, try this simple upper body and arm stretch:

1. Clasp hands together above the head with palms facing outward.
2. Push your arms up, stretching upward.
3. Hold the pose for 10 to 30 seconds.

Be sure to breathe normally throughout the stretches, and never hold your breath. With each stretch, you may find yourself more flexible. Don't go further than is comfortable.



Peruvian Beef Kebabs with Grilled Corn

Get grilling with this perfect July dinner. Get more heart-healthy recipes at:

MyActiveHealth.com > Resources > Learning Center.

5 ways to get moving.

If you're sitting all day at work, getting up and moving every 30 minutes can help improve your health.¹

Try these tips to move more:

- Standing up while on the phone or eating lunch.
- Using a flexible standing desk so you can change your position.
- Walking laps during quick meetings.
- Getting up from your seat every hour and walking around the office.
- Doing stretching exercises at your desk.



For more tips on how to manage your well-being, visit [MyActiveHealth.com](https://myactivehealth.com)

1. Global News, "Sitting all day at work? Get up every 30 minutes to cut your risk of death", Carmen Chai, September 13, 2017, <https://globalnews.ca/news/3740438/sitting-all-day-at-work-get-up-every-30-minutes-to-cut-your-risk-of-death/>



Indiana Grown celebrates local farmers, business owners at fourth Monumental Marketplace

Indiana Grown's annual Monumental Marketplace event brought Hoosiers together for the fourth time to showcase Indiana agriculture June 18.

More than 75 vendors from around the state traveled to downtown Indianapolis to offer shoppers their locally made goods.

"I look forward to this event each year and was delighted we were able to have it again this summer," said Lt. Gov. Suzanne Crouch. "Between the farmers, food vendors, artisans and makers this event has something for everyone to enjoy. I look forward to participating in the fifth annual Monumental Marketplace next year."

Located on historic Monument Circle, Monumental Marketplace was free to attend and open to all. With a variety of food, beverages, handmade items, plants and more, there was something for everyone. A list of the vendors in attendance can be found [here](#).

"We have members in every county in Indiana with close to 1800 members right now," said Indiana Grown Program Director Heather Tallman. "It is so inspiring to see many of our members travel here to celebrate Indiana agriculture with us on this day and to interact with consumers they might not have otherwise met. This event is important to our members and staff alike."

Due to the COVID-19 pandemic, the event was canceled in 2020. A new partnership with Downtown Indy, Inc. provided Indiana Grown staff with event-planning expertise to ensure Monumental

Marketplace returned safely and better than ever.

"We are thrilled to partner with Indiana Grown for this great use of Monument Circle," said Bob Schultz, senior vice president of Downtown Indy, Inc. "The vendors and the audience the program attracts fall squarely in line with our #Backdowntown campaign. We were happy to welcome them all."

With help from Downtown Indy, Inc. an exciting addition to the event this year was a designated space allowing 21 and over guests to enjoy full pours and samples of Indiana-based wine, spirits, and beer.

Attendees of all ages were encouraged to leave their lunch at home and come prepared to feast on their favorite foods, from breaded pork tenderloin and grilled cheese to ice cream and fudge.

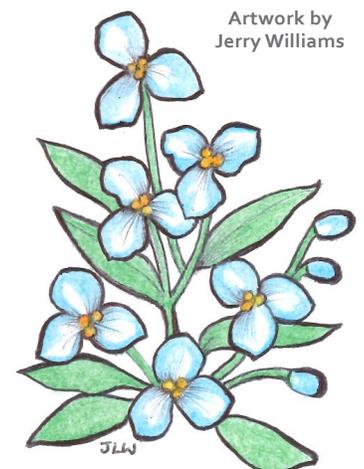
"We are proud to host this family friendly event each year on Monument Circle," said Bruce Kettler, director of the Indiana State Department of Agriculture. "It was a pleasure to see all the vendors and taste some treats, I encourage Hoosiers to look for these vendors again at the Indiana Grown Marketplace at the Indiana State Fair in August."

Indiana Grown helps consumers identify products that are packaged, raised, grown or processed in Indiana. Supporting local farms and businesses of all sizes and types helps build sustainable communities and keeps unique, fresh products on the market.

Nook gift shop at State Library offers state employee discount

As the Indiana State Library prepares to restore its full services July 6, the agency is encouraging visitors to stop by the Nook retail space during library hours to peruse a selection of gifts and Hoosier merchandise.

Nook has a unique collection of materials aimed at pleasing those who love Indiana. A special discount of 20 percent off will apply to all visitors during the month of July. During July, Indiana state employees will receive 40 percent off when combined with their ongoing 20 percent off discount. The Nook gift shop is located on the first floor of the Indiana State Library.



Artwork by Jerry Williams

She's Seen It All

Dawn Overend picked up a brochure in the Indiana State Museum lobby last fall and started reading about the 11 state historic sites. She'd been to a few, but others were new to her.

"I wanted to see all of them," she said.

And now she has.

Overend used some of her time during the pandemic to tour all the sites. Over six months, she experienced the beauty and serenity of the Gene Stratton-Porter State Historic Site, the history and grandeur of Angel Mounds, and everywhere in between.

"It's obvious there's a lot of pride in these sites," she said. "The museum's done a phenomenal job keeping them up and getting really great docents. And I found them all just incredible. I really enjoyed going to all of them."

Most of the time, she took advantage of the tours that are available only to Indiana State Museum and Historic Sites members.

The tours, which resume in August, provide members with a behind-the-scenes look at portions of the sites not typically open to the public, like the upstairs in the governor's house at the Corydon Capitol State Historic Site and the rooms in the Culbertson Mansion that the Culbertsons' live-in staff used. (Membership information is [here](#).)

"Our members only behind-the-scenes tours provide not only exclusive access to areas not shown on a tour, they strengthen connections of the real people, places and things at each unique location," said Membership Manager Carrie Miller, who coordinates the tours. (In recognition of Overend's feat, Miller presented her with a cork board in the shape of Indiana and attached lapel pins from each site.)

Overend found the two Gene Stratton-Porter sites "amazing," and said, "I did not know anything about her before I went to the first site, and I thought she was the most incredible person."



She also loved the T.C. Steele site. "Another person I had never heard of. But I now have."

"But I liked all of the sites – for different reasons," she said.

Overend is a retired lawyer whose last position was working for a wealth management firm in Chicago. She moved to Indiana after retiring three years ago and travels whenever possible. She's been to all 50 states and 35 countries, and the interview for this story took place during her

two-week trip to Missouri, where she was taking her time driving the backroads and seeing whatever she wanted to see.

"My parents died when they were very young and I decided to not have that kind of 'I can do that tomorrow' or 'I can do that when I retire' approach because that doesn't always work out," she said.

"I always try to keep moving."

A promotional graphic for an exhibit. The text "CLOSING SOON" is in blue at the top left. Below it, "The MUST-SEE EXHIBIT for 2021" is written in white and yellow on a pink and blue background. To the right, the word "FIX" is written in large, stylized blue letters with a red outline, with the subtitle "HEARTBREAK AND HOPE INSIDE OUR OPIOID CRISIS" below it. At the bottom, the website "IndianaMuseum.org/FIX" is listed. The bottom of the graphic features logos for "INDIANA STATE MUSEUM AND HISTORIC SITES", "SUPPORTED BY: NextLevel RECOVERY", and "INDIANA STATE MUSEUM AND HISTORIC SITES". The text "NOW THROUGH AUGUST 1, 2021" is prominently displayed in white on a pink background.

Third lesson towards data proficiency lesson available from MPH

State employees should have received lesson three of the Data Proficiency Program via email from the Indiana Management Performance Hub in June. [Lesson three is available on the MPH website](#) and covers how stories are told with data visualizations. Some examples are shared from within state government (i.e. COVID-19 Vaccine Dashboards) and some more examples from the private sector. The lesson is complete with another video lesson from the Study Hall Data Literacy Series from YouTube.

We ask that you treat the lessons as any other state-issued training and take the time to review the material. You can learn more about the program and access all available lessons on the MPH website at www.in.gov/mph/data-proficiency-program.

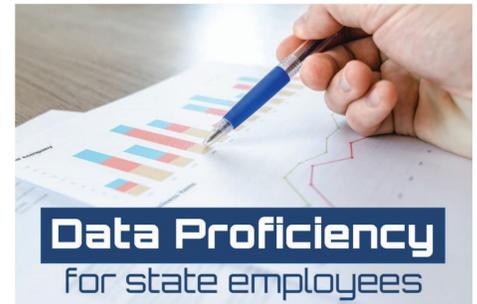
The training lessons arrive monthly in your inbox from MPH via our Gov Delivery account. If you are

not receiving the lessons when they are posted via your state email account, you can [subscribe to our mailing list](#) to receive the monthly lessons. Look for the fourth lesson in your inbox the week of July 12.

Data Day 2021 now available to stream via MPH website

All four hours of Data Day 2021 hosted by the Indiana Management Performance Hub (MPH) are now available on the MPH website and YouTube channel. You can watch the fourth annual showcase of the collaborative efforts to improve outcomes for Hoosiers through the use of data. Join the celebration and learn more about how data continues to play an increasingly important role in state government.

The Data Day Virtual Event featured how State of Indiana agencies and key trusted partners



came together to respond to the COVID-19 pandemic as well as advancements in addressing the opioid epidemic. Also learn more on how agencies and external partners are collaborating to create clear pathways between education and workforce. Special guests include Gov. Eric Holcomb, State Health Commissioner Dr. Kristina Box, Secretary of Education Dr. Katie Jenner and Indiana's Executive Director for Drug Prevention, Treatment and Enforcement Doug Huntsinger and more.

Watch Data Day 2021 at www.in.gov/mph/1058.htm

TAKE AN EPIC INDIANA ROAD TRIP!

Visit our historic sites and learn as we share the inspiring stories of our innovative past. The perfect day trip is just a hop, skip and jump away.

[LEARN MORE](#)

indianamuseum.org **INDIANA STATE MUSEUM AND HISTORIC SITES**

Enjoy exclusive savings on blue light filtering lenses and lens options



During the day, natural blue light helps our bodies remain attentive and in good spirits by suppressing the secretion of melatonin. But at night our melatonin levels rise and prepare us for sleep. With increased exposure to artificial lighting and digital screens, artificial blue light may disrupt our natural sleep patterns.

We know that blue light is part of your everyday life. That's why we're offering special, exclusive savings on blue light filtering technology options in your next pair of prescription glasses:

Free blue light lens option or equivalent value toward light management with a complete pair purchase at LensCrafters, Target Optical, and Pearle Vision.*

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VISION[™]

OPTICAL[®]

To redeem your offer, check to make sure your selected provider is in-network and then simply present this flyer to a store associate.

PDF-2103-R-259

Did you know?

The average person spends 7.4 hours per day using digital devices¹

*Free Blue Light Filter lens upgrade with the purchase of a complete pair (frame and anti-reflective lenses) when using vision insurance benefits. Free Blue Light Filter offer includes blue light filter upgrade at no charge (valued up to \$40 off for Blue IQ™ Clear at LensCrafters®, Clear Blue at Pearle VisionSM and IntelliBlue at Target Optical®, savings vary by brand) or offer value applied to any light management lens solution including other blue light filter lenses, Transitions®, or sun lenses. Offer valid at LensCrafters®, Target Optical®, or participating U.S. Pearle VisionSM locations; complete pair (frame and anti-reflective lenses) purchase required. Valid prescription required for prescription lenses. Offers are not combinable with other offers or discounts, readers, non-prescription sunglasses, or previous purchases. Select brands including Varilux® lenses, Cartier®, Lindberg®, and Maui Jim® Frames and Authentic lenses excluded; additionally, Costa Del Mar is excluded at Pearle VisionSM. Offer valid for single use in United States and Puerto Rico store locations only; offer not valid online. Discounts off tag price. Plan coverage may vary. Offer value applied to lenses after vision insurance benefits applied. No cash value. Void where prohibited. Additional restrictions may apply. See associate for additional details. Offer expires 12/31/2021.

Blue Light Filter LensCrafters® manual deal 757768, Pearle VisionSM discount code 757767, and Target Optical® manual deal 757769.

Note: light management includes Blue light filtering lenses, transitions/photochromic and sun lenses. Check with your provider location for specific details.

¹American Time Use Survey Summary, Bureau of Labor Statistics. United States Department of Labor. June 24, 2016. <http://www.bls.gov/news.release/atus.nr0.htm>